

# THE PARTICIPAPER

## AN INVERNESS COUNTY PERIODICAL



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**In this issue:**  
**Ancestors Unlimited**  
**Jim St Clair's Christmas Story**  
**Whycocomagh historical story**  
**and much more...**

# EDITOR'S NOTEBOOK

## INVERNESS COUNTY RECREATION, TOURISM, AND CULTURE OFFICE



The familiar sights, sounds and delicious smells that herald this special time of year are everywhere; the countdown to Christmas has officially begun! For some this is an exciting, fun and special time. However, for others this can be a lonely, sad and difficult time. I know that the generosity of spirit that Inverness County residents exhibit is an inherent character trait that truly sets this community apart. As we make preparations to enjoy time with loved ones, I am confident that many of you are also planning to do something special for those who may be suffering due to loss, illness, loneliness or a lack of financial resources. May we always care for others - especially those less fortunate than ourselves.

Inside this issue, Jim St Clair's annual Christmas Story appears on page 6. His Christmas stories, based on Inverness County history and traditions, have become an annual tradition for *The Participaper* and readers tell me that they always look forward to reading them.

New in this issue is a contribution from the Whycocomagh Historical Society. I am very happy to say that they have agreed to become regular contributors to *The Participaper* and share the history of that area with you. On page 8, you will find their history of the MacLean Church.

This year, Nova Scotia's Christmas Tree for Boston came from Inverness County. This is the first tree donated from private land in Cape Breton and it came via the generosity of Blues Mills couple, Bob and Marion Campbell and family. See page 11 for the story plus photos. A photo of the tree, taken during the lighting ceremony on Boston Common, also appears on our back cover.

Although the Volunteer Awards night dinner may seem to be in the distant future (April), the time to submit nominations is fast approaching. On pages 12 and 13 you will find the nomination guidelines and forms for this year's Volunteer Awards. Note that any individual may nominate another for a volunteer award: Being a member of an organization is not a prerequisite for nominations.

Bearing out my belief that folks in Cape Breton - especially right here in Inverness County - are truly caring and generous people, 100 Women Who Care Rural Cape Breton made a large donation to a deserving charity right here in the County. See the story on page 14 on how this money will help a local organization help others.

The Warden and Councillors Christmas messages and updates appear on pages 16 through 18 with other municipal news on page 19 and elsewhere in the issue. Pages 20 through 22 cover the celebrations that were held in August to commemorate the completion of the Great Trail (the Trans Canada Trail). On page 23, read the story of two of our local volunteers who recently received awards from Recreation Nova Scotia. Follow the Spirit Trail with me on pages 24 and 25. Read about two local heroes on page 26 and get tips from a Naturopath on page 27.

I sincerely hope that you enjoy this special Christmas issue. My family and I extend best wishes for a peaceful and happy holiday season filled with goodwill, good health and good cheer to you all. ♦

*Photos pages 8 through 10 courtesy of the Whycocomagh Historical Society.*

*Tree for Boston photos, page 11 and back cover page,  
courtesy of Communications Nova Scotia.*

THE NEXT ISSUE OF *THE PARTICIPAPER*  
IS THE SPRING PROGRAMMING ISSUE  
IT WILL BE DELIVERED TO RESIDENTS  
EARLY-FEBRUARY 2018  
THE DEADLINE DATE FOR  
SUBMISSIONS IS JANUARY 6TH

Congratulations to Judiquer Amy Cotton who was inducted into the Nova Scotia Sports Hall of Fame on November 10th at a ceremony in Halifax. Now living and working in Saskatchewan, she was recognized as one of the most successful athletes ever in Judo Canada. We congratulate Amy on receiving this prestigious honour.

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As you do your Christmas shopping, consider buying local. Keep jobs at home by supporting local businesses. And remember, some lovely gifts can be found at our local craft fairs and at the Sacred Heart hospital gift shop and the Inverness Hospital gift shop.



# ANCESTORS UNLIMITED

## FINDING YOUR INVERNESS COUNTY ROOTS

by Dr Jim St. Clair

### I. TWO HUNDREDTH ANNIVERSARY OF IMMIGRANT SHIPS TO CAPE BRETON

The first two vessels bringing Scottish immigrants to the Port of Sydney, Cape Breton, docked in 1817. They both had left the Port of Greenock (located near the Port of Glasgow in western Scotland) and then proceeded to gather passengers from the Isle of Barra in the Hebrides.

Unfortunately no passenger lists survive. But it is known that a brig with the name "Hope" left in May of 1817 with one hundred and sixty-one emigrants. The ship's master was George Normand. It appears that the vessel went on to Pictou.

The other vessel which arrived in July of 1817 was the "William Tell" with the ship's master being John Sloan. It also departed from Greenock in May of that year and picked up two hundred and twenty-one migrants.

The names of the people who were seeking new homes in Nova Scotia are not retained on any documents; however, searching through land grant petitions and the census of 1818 may well reveal the names of some of the people who first touched North America at a Sydney wharf two hundred years ago this year. Hurrah for what appear to have been safe journeys for nearly four hundred potential settlers!

Do any of our readers have the names of ancestors who were on either of those vessels?

### II. SKYE GLEN-MARGAREE ORGANIZED IMMIGRATION OF 1830

In response to a request from a reader: Online researchers may find the Ship List of the passengers listed as being registered for the vessel which left the Isle of Skye, Scotland in June of 1830. The name of the ship is not known. The document includes the names of the heads of households, and the names of wives and children (with the latter probably listed in order of age). The list may be found at: <http://www.theshipslist.com/ships/passengerlists/beaton1830.shtml>. Included with the names are notes about individuals and families that had made other arrangements.

As well there is a letter from Alexander Beaton, "Leader and Head of the Party" to the Hon. Charles Grant, M.P., London, England. While Beaton expresses the gratitude of the group for Grant's previous assistance, he continues, "we beg your further interference for a supply of some imple-

ments of husbandry on our arrival at the Cape, if such favour can be extended to us."

Grant's surviving papers also include a list of the heads of families going to Canada and stamped "received on June 24th 1830." It is not known where these people settled. Their names were: Norman Mackenzie, Alexander Mackenzie, Murdoch Mackenzie, Angus Matheson, Norman Macleod, John Macleod, Malcolm Maclean and John Munro. While it appears that the "party" intended to settle in Margaree, many of the families moved from Margaree to the valley between Brook Village and Whycocomagh which came to be known as "Skye Glen."

At least one of the family groups settled at Kempt Road, West Bay, near Cleveland – that of Isabella "Bell" (MacRae)(Campbell) and her second husband Donald McDonald and three of her children by her first marriage to John Campbell plus one of her children by McDonald. She was murdered by MacDonald in 1840 and is buried in Grantville Cemetery. One of the

Campbell children, James, came to be the wealthiest man in Cape Breton in the middle 1800s: New Campbellton carries his name as he owned the coal mine located there.

Of the remainder of the families listed on the documents, it would appear that all of the seven Beaton families, and all of the Gillis and MacInnes and Nicholson passengers eventually found land in Skye Glen. The MacKenzies and Rosses may have remained in Margaree as well as several others.

*[Question: has anybody taken this list and compiled a history of each of the families for several generations? Or located any of them on the Isle of Skye?]*

### III. PLACE NAME REVEALS MUCH HISTORY

Many place names in Inverness County recall locations from which immigrants had come and thus recall the history of other places overseas and the various reasons for their departure. Some of these places also had post offices for many years. Included in this group of locations found in Ireland and Scotland are: Skye Glen, Uist Glen (the former name for Roseburn), Dunakym, Glencoe, Kiltarilty, Keppoch, Dunvegan, Ulva, Fassifern, Mull River, Bornish, Achnacroish, Silver Springs (Cork Ireland), Inverness, Emerald (for Ireland), Alba (possibly for the ancient name of Scotland), Lewis Mountain, and maybe Troy and Lex-

*Continued on page 4...ANCESTORS*

ington, both in USA., and likely Kenloch, Creignish and Craigmore (although they are quite suitable for their meanings of “Head of Lake”; “Place of Rock” or “Cliff”, and “Big Rock” or “Large Cliff,” with a variety of spellings.)

But only one place, with a one-time post office, carries the name of a New Brunswick River and contemporary city. That is the location once known as Miramichi, located between Brook Village and Mull River. The name comes from an early word of French origin which was used to describe the location where First Nations people lived in northern New Brunswick. The word may have been created by Jacques Cartier in the 1500s in the form “Maissemeu Assi” which is said by many historians to mean “Mi’kmaw Land,” in Cartier’s French dialect. But the word itself is not a Mi’kmaw word.

In response to a query from a reader, the origins of the name Miramichi as a nickname for a family and a one-time post office can be found in historical accounts. It arrived in Inverness County through the many times that an early immigrant “Big” Donald MacDonald spoke of the place. He was of the Killichonate branch of the Keppoch MacDonalds who lived between Roy and Spean Bridges in Lochaber, Scotland.

Arriving in Cape Breton in 1824, and after a short visit with Campbell relatives, he proceeded to the big woods of the Miramichi region. After eight years felling large trees in that area, he returned to Cape Breton where Donald’s father Alexander and many of his siblings arrived at that time. Together they settled on six hundred acres which had originally been a grant to James MacKeen of Mabou.

Donald spoke so much about the size of the Miramichi trees that the nickname became attached to him; he came to be known as “Big Donald Miramichi” MacDonald, in order to distinguish him from other MacDonalds. Hence, the small brook which flowed from Dunakym through their property gained the name of Miramichi Brook.

As several households were on the property and other farms were nearby, the district was eligible for its own post office. Therefore in 1896, the wife of Donald’s nephew is listed as the postmistress for the “Merimichie [note the spelling] Post Office.” It closed in 1901 but reopened again in 1914 with Mrs Margaret McDonald listed as the official.

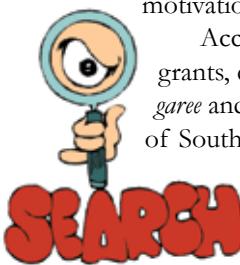
Other members of the family, Elizabeth McDonald and Hugh McDonald, came to be the responsible agents for postal service at their house at the crossroads where the road to Rosedale meets the road from Brook Village to Mull River and Glencoe. It remained open until 1932 when it was closed due to lack of usefulness as people moved away. It was the only post office in Nova Scotia so called. But the nickname remains attached to contemporary descendants of Donald who live in many places and the brook also still carries the name.

The name was not assigned to the place as a location

where Mi’kmaw once lived but instead recalled the many stories of Big Donald about his time in New Brunswick. It seems to be the only place name in Inverness County derived from a location in another province. It has an ancient history and seemingly dates back to the time of Cartier’s coming to North America.

#### IV. THE DOWNIE/DOWNEY FAMILY OF IRELAND, CAPE BRETON AND NEWFOUNDLAND/LABRADOR

While many immigrants remained on land that they first received on arrival from Ireland, Scotland, the United States or P.E.I, or other original locations, the search of Patrick and Anastasia (O’Hearn) Downie/Downey for a permanent home is a matter of much curiosity. Their uncertainty or “itchy feet” raise questions about their motivations.



According to material found on petitions for land grants, deeds, accounts of the family in *History of Margaree* and historians of settlement in the Codroy Valley of Southwest Newfoundland, Patrick and Anastasia were both born in Kilkenny, Ireland, he about 1784 in Ballyragget, Kilkenny, Ireland, she two years later. Both have grave markers in the Codroy area.

The certificate identifying their date and place of marriage is preserved in the Roman Catholic Archives in St. John’s, Newfoundland and Labrador. They were married there on the 7th day of February, 1810 with their witnesses being John Foley and Judith Doran. The record notes their home parishes as having been in the Diocese of Waterford, Ireland.

By 1815, according to a request for land, they were living in Port Hawkesbury, where Patrick’s occupation was recorded as that of a tailor. In 1818, they sought land in Port Hood where they are also listed on the census of that year with his occupation stated as “tailor” and their family consisting of five children. By approximately 1820, they were living on what has long been known as “the Downey Lot” on the side of Mount Young above Hillsborough.

In the mid-1830s, they moved to the Lake-of-Law area of Margaree where they lived among a number of other recent immigrants from Ireland such as the Leahys, the Dunns, the Murphys, the Coadys, the Tompkinses, the Flemings, etc. Patrick is listed as functioning as an early warden of St. Patrick’s Roman Catholic Church in Northeast Margaree in Rossville. He was also said to have been a capable musician and dancer.

While no evidence survives of any conflicts or disagreements, along with a number of other families from the Margaree and Cheticamp areas, the Downeys moved to the Codroy Valley in the mid-1840s where they remained

until their deaths. Patrick's gravestone gives his year of death as 1864 and Anastasia's is incised on the grave marker as 1865.

Descendants by a variety of names continued to live in the Codroy Valley for many years. Their children included: Catherine Ann Downey; Elizabeth Downey who married Peter Murphy of Mabou-Brook Village; Patrick Downey who married Catherine MacLean of Codroy Valley; Bridget Downey who married James Murphy of Mabou-Brook Village and settled in Washabuck; Ann Downey who married Daniel Jennings of Nova Scotia and Newfoundland; James William Downey who married Margaret "Peggy" Ryan, daughter of Basil and Genevieve Jane (Ross) of Margaree and Codroy Valley; Mary Downey who married William Leahy of Lake-of-Law and Newfoundland; Michael Downey who married Mary Hall of Newfoundland/Labrador; and Patrick Downey who married Mary Davis of Newfoundland/Labrador.

The question about the reasons for the frequent moving of Patrick and Anastasia (O'Hearn) Downey remains unanswered. But they appear to have found what they were looking for after being in Port Hawkesbury, Port Hood, Mount Young(Mabou) and Lake-of-Law.

A legend exists that Patrick lost his parents and siblings at the time of the 1798 rebellion in Ireland. Perhaps, his loss as a young man may have encouraged him to look for a new home which reminded him of Kilkenny. Nevertheless their story is quite unusual.

## V. NEW BOOKS FOR FAMILY RESEARCHERS

1. *Guide to DNA Testing and Genetic Genealogy* by Blaine Bettinger, available through Amazon. The importance of this new area of genealogical research is thoroughly explored as well as attention to some of the pitfalls. The paperback book costs \$30.00.

2. *Family Tree, Irish Genealogy Guide*, published in May 2017 this book is available for \$18.00 from FamilyTree.Com or from Amazon.ca . New information about sources available on line is included in the book.

## Nova Scotia Archives holdings

Gingerbread, rice pudding, pumpkin pie and apple cake are all familiar desserts, but have you heard of blancmange, apple fool or mount guard? These are just a few of the old, handwritten recipes found in the Nova Scotia Archives and now posted online.

An online resource of the archives is *What's Cooking? Food, Drink and the Pleasures of Eating in Old-Time Nova Scotia*. It includes digitized copies of about one thousand old handwritten or early printed recipes, seventeen cookbooks, as well as recipes found in newspaper supplements in the mid-20th century. The recipes, which date back to the late 1700s, can be found on the Nova Scotia Archives' website at <http://novascotia.ca/archives/cooking> .

This online resource also includes a short history of food and dining in Nova Scotia, a list of published cookbooks, lobster recipes, and even a collection of chocolate and candy recipes for commercial production.

*What's Cooking* is the latest addition in a continuing series of digital products developed and released by the archives. For more information about archives' offerings, go to <https://archives.novascotia.ca/> .

3. *Scottish Genealogy* third edition by Bruce Durie, is available from Amazon for \$23.00. This is a revised publication with new material on both physical and electronic sources. Durie helps the researcher discover "more routes than the internet".

## VI. SURNAMES REVEAL OCCUPATIONS OF REMOTE ANCESTORS

As populations increased and the freedom to move from one place to another came into being and many different tasks needed to be done in villages and towns and on farms, last names began to be used to differentiate people who had the same or similar first names.

Some of these last names identify a place of residence such as "hill" or appearance such as "black" or the first name of one's father such as Donaldson or MacDonald. But many identify what the occupation of a particular person was, which was then passed on to children and grandchildren.

Some of the surnames, still in use after many centuries, are: Arsenault, from a person who was involved with the care or manufacture of armaments; Thatcher, a person who thatched houses with dry grass bundles; Cartwright, the maker of carts; MacIntyre, son of a carpenter; Dufour, a person who used an oven or stove from a French word for the same; Farmer, prior to the 17th century when it began to refer to a tiller of soil and keeper of animals, meant a person who collected taxes; Fuller, a person who was involved with the fulling process to soften newly woven stiff cloth; Fournier, like Dufour refers to an individual who was a baker and used an oven; Boucher, a butcher from a medieval word "to cut or slice"; Chapman has its source in the work of a person who bartered or made financial deals or sold products. The meanings are obvious of names such as Cook, Taylor, Smith(or Blacksmith), Carpenter and Plummer.

For many people, it might be interesting to try to find out when their last name first began to be used generation after generation from a remote forebear. ☺



## Memories of Christmas 1890

### A Fictional Story from Bits of Local Lore

by Dr. Jim St Clair

As an octogenarian in the year 1970, I often observe cumulus clouds on sunny afternoons. The shapes recall people and events of the Christmas season in Crawford Corner in the year 1890, now eighty years ago. So many good memories! So many individuals significant in my life are brought to mind as I share my memories of that Christmas long ago.

As the time for the arrival of Archibald's stage coach from the Strait of Canso drew near in the late afternoon of December 24th, my sisters, Violet and Daisey, and I, Rosie (short for my longer name of Rosella), stood at the front of our father's general store to greet the people on the horse drawn wagon. We believed that our brother, Oak Crawford, would be arriving from Halifax on his vacation from college. We children all had names which referred to items which grew in our garden as our mother, Meredith Crawford, who was partly of Mi'kmaw origin and partly of Channel Island French background, believed in the importance of the earth and its natural growing items. Thus, she insisted that each of us carry a name derived from nature that gave us special insights.

As twilight approached, we heard the jingle-jangle of the stage coach bells in the distance as the carriage swayed back and forth while the horses pulled it up the slight hill from the small inlet of the Bras d'Or Lake known as Crawford Bay. Soon, with a swirl of dust arising, the coach drew to a stop at the steps leading up to the store. The harness bells were all decorated with red and green ribbons to celebrate the season. The first person who alighted was our older brother, carrying bundles of special treats from the big city. He had a very colourful cap on his head and warm mittens on his hands. We all hugged him and wanted to be around him.

Other passengers were greeted by our parents or by their own relatives and quickly disappeared in their own conveyances on the road to other dwellings. A few people would continue with the coach on their way to Sydney, an hour down the road. Our mother and my sisters and I treated all of them to sweets from our kitchen and fresh water in large china cups and tea served from warm pitchers.

The day before Christmas at Crawford's Corner was a busy one with so many comings and goings, and local people making some final purchasing of tea and sugar and flour and potatoes and meat as well as candy and ribbon from the various counters in the store. Overhead, the last of the white cumulus clouds in various shapes were now taking on the colours of sunset. They seemed to promise a cheerful day to come. We always looked at the shape of the clouds to see what they recalled for us. Our grandfather had taught us to always look to the sky and its treasures to see what events and people of the past the various shapes would resemble.

At the time of his death a year ago, grandfather was a very old man. He had shared with us all his poetic and artistic insights. One afternoon, while walking down towards the lake, he had pointed out how two clouds overhead were in the shape of our beloved oxen which had been part of our farm several years before and which we much missed. "There my dears are Blue and Star, directly overhead, and you can now recall all the trips you made with them and the times you rode on their backs." We seemed to see the cumulus masses recalling as well the three ships of the Christmas song of three ships sailing and then three more which recalled how the Magi must have looked as they rode camels into Bethlehem. We pointed out to one another how one thick white and grey cloud after another seemed to be hastening along with a resemblance of a tall figure seated on top. What a gift our grandfather, Parlan Crawford, had left us to enjoy the rest of our lives! His bright blue eyes and cheerful face are features long remembered.



By seven o'clock, father and our brother Oak had closed the front doors to the store, extinguished the kerosene lamps, and closed the covers protecting the cheese and butter which were on display on the counters. The work of the day was over. It was time to gather in the large dining room of our house, just behind the store, for our Christmas Eve feast.

So well the aromas of the fresh vegetables and the carved beef roast and freshly baked bread come to my mind these eighty years later. The lamps lighted and placed on the middle of the table, with several hanging from hooks suspended from the ceiling, made the whole scene very bright and joyful. The colourful cranberry sauce and the green pickles were bright items on the large, dark blue

*Continued on page 7... CHRISTMAS*

woven tablecloth. Mounds of mashed potatoes and small servers of rich brown gravy circulated as we all partook of the feast.

Seated around the table were the four of us younger Crawfords, our parents, and our grandmother Rosella Christmas, for whom I am named and whose last name suited the occasion indeed. She spoke several languages due to her family background and her years sailing on a coastal trading boat, first with her father and then with our grandfather, before they settled on shore. Even at the age of ninety, she sang ancient songs for the season in several different languages. Despite her age, her hair remained very dark black.

Also at the table were our aunts, Jessie and Chrissie, who were major participants in the preparation of the meal. They looked so proud as we enjoyed the food which was so colourful and abundant. They and our mother had on very special knitted sweaters and bright ribbons on their wrists like bracelets. Our uncles, Samuel and George, were also major participants in the festive meal. As stories were told and songs were sung, they sat near us and listened carefully to whatever we said to them.

Special guests at this gathering were Esmie and Gaspar Melchior who were like an aunt and uncle to us. Esmie was a skilled spinner and weaver who came each autumn with her husband to help with the preparation of the cloth needed for blankets and clothing. Gaspar claimed his name, both first and last, came from his ancestors the two Magi named Gaspar and Melchior who had attended the baby and brought gifts to the new born Jesus so long ago. He did extensive work for our parents. He was a skilled carpenter and wheelwright who each year made new wheels for our several farm and transportation vehicles and made such repairs as were required to the buildings. He also spent hours carving figures out of pine wood, a craft he had learned as a young person from his grandfather who had preserved the ancient names inherited from the ancient kings of so long ago recalled in the carol, "We three kings of Orient are..."

Before the New Year, Esmie and Gaspar would proceed to their own home on the other side of Cape Breton with promises of returning to us in the New Year. They had two very beautiful horses and a well painted carriage with a red canvas roof over the seats. It was well noted by many people for its stylish appearance.

After the last piece of apple pie was served and the final cup of tea poured, our father took down the large Bible from the shelf above the side serving table. In his cheerful and deep voice, he read to us the account of the birth of Jesus in Bethlehem and the arrival of Magi, one of them named Gaspar, another Melchior, and the third Balthasar.

Although special gifts from our parents and other relatives would be opened on Christmas Day, after our return from the local church service and hymn sing, Esmie and Gaspar had brought to the table small packages for each of the Crawford children. They were wrapped in colourful green cloth woven by Esmie. With anticipation we opened them one by one, an item for each of us, one from Esmie and one from Gaspar.

How well the appearance of these special tokens of affection return in memory these many years later. For each of us from Esmie came a square of cloth woven by her skilled hands, each with a picture of the growth from nature recalled by our names – a white daisy with a white centre for my sister of that name; a bunch of purple and white violets woven into a blue background for my small sister, Violet; a large oak tree with green leaves for our brother; and a lovely bouquet of wild roses created by her skillful hands in a piece of pale rose-coloured cloth for me. Each of these was large enough to frame and we kept and displayed them through the years.

Gaspar had carved for each of us representations of our favourite farm animals, the horses and the lambs and our very dearly remembered oxen, Blue and Star. Each carving stood firmly on the table in front of us as we rejoiced and thanked Esmie and Gaspar for their thoughtfulness and very capable handwork.

Our small sister, Violet, then aged five, has been remembered through these years as she pronounced in a very strong voice, "I think that Esmie and Gaspar are the Magi of our family as they bring us such gifts." So, it is that often out of the mouths of young children come truths of deep meaning.

As I look at the cumulus clouds eighty years later, I sometimes seem to see the images of the animals carved by Gaspar. And once in a while, I fancy that I see the representation of their fancy carriage with its canvas top and the two fine horses in front. In retrospect these many years later, I no longer recall the fine clothes and boots and books from our parents and uncles and aunts and brother, Oak. However, I still see the deep meaning of the careful and thoughtful work of "our Magi" and recall the wisdom of a young child. May each of us find such examples of affection and insight in our own lives as do I in my memories of Crawford Corner from so many years ago. 





*Whycocomagh's MacLean Church undergoing repairs sometime in the early 1900s.*

## Whycocomagh Historical Society

The Whycocomagh & District Historical Society was founded in 1980 and became a registered non-profit organization in 1984. Basically, our goal is to preserve the history and culture of the area. In order to carry out these goals we continue to learn, explore and broaden our understanding of our own 'local' history, events, and people. We continue to do genealogy research, and as a result, many people have made connections to their roots and helped us fill in other gaps.

Some of our activities have included participating in milling frolics, as part of the annual Whycocomagh Summer Festivals, and we try to actively encourage the learning of the Gaelic language by sponsoring classes with the help of the Gaelic Activities Program of the Nova Scotia Office of Gaelic Affairs.

We endeavor to involve youth in developing an interest in local history and culture. From time to time we have sponsored both a 'heritage contest' to encourage students to try researching their family and community history and, in the past, we have provided bursaries to graduates who have shown a continuing interest in our rich, diverse local heritage.

One of the first major projects our Society tackled involved the construction (or visual re-construction) of what we call The Pioneer Memorial at Stewartdale Cemetery. The following excerpts, taken from historical notes that were included in the

1931 Annual Church Report, tell us: *"The first church, built soon after 1830, was on land now within the churchyard, near the end of the Campbell Mountain road. It was a fair-sized building, and had a gallery along two sides and an end. Almost from the first it was too small for the congregation, and during the summer months many services were held outside.*

*The red-letter years in the history of Whycocomagh were 1837 to 1842, when it had its first settled Minister, the Reverend Peter MacLean, better known as 'Maighstir Padruig'. The Parish then included Little Narrows as well as Whycocomagh. Mr. MacLean preached his first sermon at the Narrows, September 2nd, 1837, and his first at Whycocomagh on the 9th of that same month. The first of his services here was held in the open, on a sloping field half a mile or less west of where the Indians[sic] now have their church. Many of his hearers came in boats.*

*The present church built in the early fifties (1850's) - we do not know the very year - was originally planned to be ten feet shorter than it is, the change to the additional length being made at the suggestion of the contractor. Material for its construction was supplied by the people - posts, plates, beams, rafters, planks, boards and shingles all being hewn, sawn, or split by hand in different parts of the parish and hauled to the site; stone for the foundation gathered and dressed on the same system, and home-burnt lime supplied for mortar and plaster. The framing and building was let by contract to a Mr. Chisholm of Antigonish, who gave good work, and was well pleased to have cleared \$5.00 per day on the job. A few years later, the pulpit, pews, etc., were put in, that work being well done by Donald MacInnis, of Skye Glen. The pews are on the same style as those carefully retained in St. Matthew's Church, Halifax.*

*The first burying-place was on the hill opposite the old church, where graves are still plainly visible, altho the place is overgrown with*

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*Below, pulpit plaque memorial, MacLean Church.*



spruce and other trees. Many of the pioneers are laid to rest there, the first burial being that of Donald Campbell, of Campbell's Mountain. Others we know of are - MacDougall, grandfather of the late Hugh MacDougall (Eoghan Chailein); Anne, a daughter of the same MacDougall; James MacDonald (Seumas Ur), of Roseburn; and two of the children of Angus MacAulay (Aonghas Og), also of Roseburn. We do not yet know when they began burying in the present cemetery. The first memorial stone erected in it was that at the grave of the wife of Dr. John Noble, who died June 1st, 1843. It is of native freestone, dark brown in color, almost the only one of that kind there.

The first Elders in the Parish were Murdoch Gillis (Ruadh), Skye Glen, and John MacKay, of Malagawatch, the latter being a Catechist on salary, who served in more than one congregation. Altho Rev. Peter MacLean was the settled minister of Whycocomagh and Little Narrows, he preached every fifth Sunday at Malagawatch. Murdoch Gillis and John MacKay were the first two members of his Session in Whycocomagh."

Since the printing of the Annual Report in 1931, there have been many changes - everywhere, but specific to this little referenced, yet sacred area - to the roads, to once cleared fields now covered with the growth of woods, to the removal of wrought iron fence boundaries, to a past once 'plainly visible'.

As many will know, the second church building referred to in the previous extract was called MacLean Church, after "Rev. Peter", as during his years in the pulpit here he "...drew crowds from far and wide by the eloquence of his preaching, and made a more lasting impression than perhaps any other Minister who labored on this island. The Gospel was all in all to him; and in his zeal for the cause of his Master he undertook more than his body could endure. His health began to give way, and in 1841 he prepared to leave; but the people implored him to remain..." The following year he left, yet he returned eleven years later 'for a visit.' "While on this visit in October 1853, the Rev Peter conducted a Memorial Communion service at Whycocomagh, which has been remembered as the most Penticostal experience Cape Breton had ever enjoyed. It is remembered as the occasion when more than 5,000 people from nearly every congregation in Cape Breton met together in a joyous Reunion of Faith."

We now know that the 'Big Church' (as it was first informally called) was likely 'dedicated' - or as we lay people may understand - named, "The MacLean Church" during the Memorial Communion Service which was held prior to the installation of the pews which would make it complete in 1856 and capable of seating one thousand people. Considered as a Free Church of Scotland when first built it remained so until it became a Presbyterian Church in 1875. It was in that year the infamous vote on Church Union took place during the mid-nineteen twenties that resulted in the long standing congregation being now divided. The majority vote took responsibility for the existing buildings and renamed them as "United Churches". The minority who remained with the Presbyterian Faith had to strike out and build another structure in which to hold their services.

It was with the dedication and vision of past and current members of the Whycocomagh Historical Society, such as Ralph Johnson Sr., Jessie Fownes, Kenny MacKinnon, Allena MacDonald, Donald Beaton, Fred Macdonald, Jim St.Clair, and several others, that the idea of a more permanent and lasting symbol of remembrance be positioned on the spot where the church once stood and it started taking shape. Hedges were used to outline the walls, a white stone walkway was placed where the centre aisle carpet once ran from the original door (now the stone archway entrance) to the stone pulpit, now located where Rev. Peter

Continued on page 10...WHYCOCOMAGH



Archway entrance to the Whycocomagh pioneer memorial.



Aisle leading to the pioneer memorial pulpit.

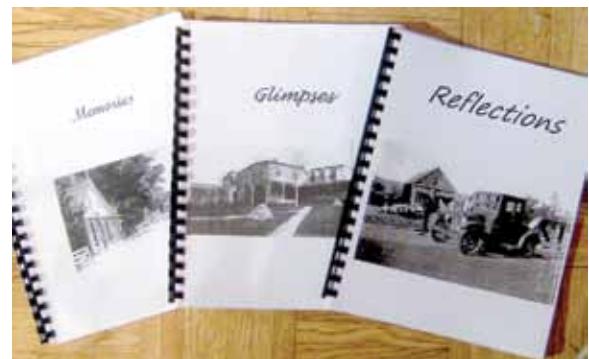
might have preached. There are also two concrete 'pews' for weary parishioners and guests to rest, reflect, remember, and hopefully give thanks for the hard work of the early pioneers who settled here and elsewhere on the island, creating homes and livelihoods out of the wilderness where we are now surrounded with beauty and tranquility.

The vision for this memorial became a reality in 1987. To commemorate the occasion and accomplishment an 'open air' ecumenical Gaelic service was held. Over those thirty years we have held more ecumenical services, and have been making repairs, weeding, trimming, 'winterizing' the stonework, replanting sections of hedge - all to extend the existence of this monument to be shared with everyone and anyone who happens along to this precise place where 'once upon a time' when the Church stood here.

The maintenance of the site is the responsibility of the Historical Society, along with their interest in the trail across the road to the first burying site. As our membership dwindles and we age, we rely more and more each year on acquiring help to do more of the physical duties, to the point where we must now hire people to do it for us. In order to raise funds to cover such expenses and continue the activities we enjoy, our volunteers have put together collections of historic accounts and photographic contributions as a way to help preserve some small part of our rich and varied history which is too quickly becoming less visible to those around us and even unknown at all to many of the younger generation.

Our first effort, titled *Memories*, was produced in 2009 this was followed by *Glimpses*, and last year we produced *Reflections*. Many of our two earlier publications have made their way to interesting locations in the United States as well as across Canada. Some were gifts for relatives living away with others purchased merely to be enjoyed from cover to cover until the next one became available. Each of the publications contains a collection of historical stories (none of which should be judged on their literary merit). In no way do we claim to being completely accurate in all articles, as we continue to learn and uncover new information with both technology and a sparked memory as it makes a connection and is passed on. Rather, our intent is to present a record of some of the events, stories, pastimes and way of life in our many communities, hoping some of them will encourage others to record their own family/community interest stories and perhaps share them either with us or with others. We try to appeal to a wide audience, so the manner in which some articles are presented will express their own significance for readers of varying ages. Most importantly, no one small booklet could possibly represent all of the history that can be unearthed in any of our wonderful places of interest across Inverness County.

We, the members of the Whycocomagh & District Historical Society, try to meet monthly (weather permitting) around the immediate Whycocomagh area and can be contacted anytime by email at [whycocomagh\\_historical@hotmail.com](mailto:whycocomagh_historical@hotmail.com) and/or by postal service at #10271 Hwy 105, Whycocomagh, NS, B0E 3M0. If you would like to request a copy of *Reflections* (\$20 tax included) or, to arrange delivery of one as a gift, please use our email address with "Reflections" in the subject line and include intended destination in order that we might calculate the postage & handling fee. ☺



### Copies of 1891 Diary of Mary (Wood) Smith of Smithville available

Copies of the 1891 diary of Mary Smith, which includes several pictures and some background information, are available at Mabou Communications Ltd office., at a cost of \$20.00. The diary contains fifty pages of information.

Born in Ripon, Yorkshire, England, in 1812, Mary was a daughter of George Wood of Ripon and his wife Jane, who had arrived in Cape Breton with their family in 1814.

After teaching school for several years in Inverness County, Mary married Lambert Smith, son of Lewis and Christiana (Worth) Smith of Smithville. She had kept a diary for many years and although much of it has since disappeared, her recordings of the events in the days of tranquil life of the year 1891, plus a few other entries, survive. Her insights into the routine of daily life of a prosperous farm reveal the comings and goings of people in the area, the events in the lives of her children and grandchildren, the changes in weather and the activities on the farm and in the house.

No gossip is found in her writings, but rather the reader may discover what life was like in one place in rural Inverness County in the late 1800s. Mail orders of the diary can also be purchased with the cost of mailing added to the purchase price. Contact: 11541 Main St, Mabou, NS B0E 1X0.

## Blues Mills Couple donates this year's tree for Boston

On November 15th the donors of this year's tree for Boston, Bob and Marion Campbell of Blues Mills, looked on as a ceremony took place to cut the tree down and prepare it for its journey to Boston.

The 16-metre (53 feet) white spruce is the first private donation of a Boston tree from Cape Breton. Last year's tree was also from Inverness County but was harvested from Crown land at Ainslie Glen near Whycocomagh.

This year is the 100th anniversary of the Halifax Explosion which killed almost 2,000 people and left hundreds more injured and left homeless. When the explosion occurred the city of Boston, home to many Nova Scotia expatriates, stepped up and sent aid and comfort to Halifax. The following year, to show their gratitude, the province sent Boston a large Christmas tree.

Although through the intervening years Nova Scotians had never forgotten the kindness and generosity shown to them by Bostonians in their time of need, in the 1970's there was a sense that the generation who had lived through the explosion would soon be gone. As a result, in 1971 (and each year since then) a large, carefully chosen Christmas tree is cut down in the province to be gifted to the city of Boston where, beautifully decorated and festooned with lights, it takes pride of place on Boston Common throughout the Christmas season.

Mr Campbell said, "Our family is thrilled to be part of the Nova Scotia tradition of honouring Boston's relief efforts, especially on the 100th anniversary of this tragic event."

Margaret Miller, the Minister of Natural Resources was present at the ceremony as were First Nations representatives, residents and students from the Whycocomagh, We'koqma'q Mi'kmaw schools and Inverness Education Centre and others.

The tree-lighting ceremony on Boston Common took place on Thursday, November 30. Premier Stephen McNeil was joined at the ceremony by members of the Campbell family and Nova Scotia artists, Port Cities, Cassie and Maggie, and Reeny Smith, who performed live at the lighting ceremony.  [To learn more about the Halifax Explosion, visit [www.100years100stories.ca](http://www.100years100stories.ca) .]



## Tree for Boston selection process

If you have or know of a white or red spruce or balsam fir with the following characteristics we want to hear from you.

Here's some of the criteria we look for:

- Twelve to fifteen meters (40-50 feet in height)
- Healthy with good colour
- Medium to heavy density
- Uniform and symmetrical
- Easy to access.

Please take a photo to the nearest Department of Natural Resources Office or send one to Tim Whynot at Tim.Whynot@novascotia.ca. Tim can also be reached at 902-424-3615.

For more information about Nova Scotia Christmas trees visit the Department of Natural Resources website.

<https://novascotia.ca/treeforboston/>

## Volunteer Nominations 2018

Each year, communities all across Canada celebrate National Volunteer Week. **National Volunteer Week 2018** takes place from **April 15 to April 21**. The primary purpose of this specially designated week is to thank and honour people who donate their time to help others by supporting the causes in which they believe.

Volunteer Week also serves to reinforce the human values that volunteering represents and increases awareness of the vital importance of volunteerism to our communities. In honour of volunteers in Inverness County, Municipal Council will host its annual Volunteer Recognition Ceremony on Wednesday, **April 18, 2018**.

If there is someone in your organization or community that you wish to have recognized for his/her contributions, simply follow the nomination guidelines and forward a short write-up (100-150 words) **on or before April 2, 2018**. **Nominations received by February 9th** will be placed in a draw and one person will be chosen to represent Inverness County at the Provincial Volunteer Recognition Ceremony to be held in Halifax, Monday, April 9th.

**Nominations for Specialty Awards can be made by anyone** and sent directly to Recreation Nova Scotia. Specialty awards are the Youth Volunteer of the Year award and the Volunteer Family Award. Nomination Forms are available through Recreation Nova Scotia's website at [www.recreationns.ca/volunteerawards](http://www.recreationns.ca/volunteerawards).

### 2018 NOMINATION GUIDELINES FOR VOLUNTEER RECOGNITION

1. Any organization or individual may nominate one (1) volunteer.
2. **Choose a nominee who has not been recognized by the Municipality through this program in the past five years (2013 – 2017). If you are unsure if someone has been recognized during that time frame, please give us a call at 902-787-2274.**
3. The volunteer must reside or perform volunteer work within the Municipality of Inverness County.
4. Nominations must be accompanied by a clearly written or typed description (100-150 words) of the nominee's present and past volunteer activities. If you are nominating a volunteer who was recognized prior to 2013, please highlight the individual's most recent contributions. Please keep personal information, such as number of children, hobbies, etc., to a minimum, and focus more on the nominee's present and past volunteer involvement.
5. A photo of all volunteers will be taken at the Municipal Volunteer Ceremony.
6. All volunteer biographies and photos will be featured in the May 2018 issue of *The Participaper*.
7. **Deadline for receipt of all nominations is April 2, 2018. Any nominations after that date will be placed on a list for recognition in 2019.**
8. Nominations received on or before **February 9th** will be placed in a draw and one person will be chosen to represent Inverness County at the Provincial Recognition Ceremony which will take place in Halifax.
9. An invitation to the Municipal Ceremony will be mailed to the volunteer in April. The nominating organization will also receive an invitation for one of its members to accompany the volunteer. That invitation can be turned over to the volunteer's family member, friend etc., if the nominating group/organization wishes to do so.

**To nominate a volunteer, please complete the form on page 13**

### Call for Nominations for 2018 Provincial Volunteer Awards

Nova Scotians can recognize outstanding volunteers in their communities by nominating them for a 2018 Provincial Volunteer Award.

Each year, the awards ceremony honours volunteers from across the province for their volunteer contributions. Nova Scotians can nominate volunteers in the categories of Volunteer Youth Award and Volunteer Family Award. The Volunteer Youth and Volunteer Family award winners are selected by a review committee.

The premier, lieutenant-governor and minister of the voluntary sector will present the awards at a ceremony in April. Nomination forms are available at <http://novascotia.ca/volunteerawards>. The deadline for nominations is midnight February 16.

### Notice to residents:

If there is an individual that you feel should receive a volunteer award, please nominate them. The municipality accepts nominations from individuals as well as organizations.

Nova Scotians can check road conditions; view highway cameras; winter driving tips; plowing priorities; follow plows using the plow tracker tool; and more, at [gov.ns.ca/tran/winter](http://gov.ns.ca/tran/winter). During a storm or any winter event, follow @NS\_TIR on Twitter for the latest road condition updates. Visit <http://511.gov.ns.ca/en/> for information on road conditions, etc., or <http://novascotia.ca/tran/cameras/> to view live webcams.

## **VOLUNTEER NOMINATION FORM 2018**

Volunteer's Name: \_\_\_\_\_

Civic Address of Volunteer: \_\_\_\_\_

Mailing Address of Volunteer: \_\_\_\_\_

Email: \_\_\_\_\_

Phone # (H) \_\_\_\_\_ Cell # \_\_\_\_\_



Name of organization or individual making nomination: \_\_\_\_\_

Contact person: \_\_\_\_\_

Civic Address of contact person: \_\_\_\_\_

Mailing Address of contact person: \_\_\_\_\_

Email: \_\_\_\_\_

Phone # (H) \_\_\_\_\_ Cell # (W) \_\_\_\_\_

Please complete this form and forward it with the volunteer's write-up to:

Margaret Beaton

Inverness County Recreation/Tourism Department

375 Main Street, PO Box 179

Port Hood, NS B0E 2W0

### **VOLUNTEER ORGANIZATION UPDATE INFORMATION**

Please take a moment to complete this form for our information (even if you are not nominating a volunteer from your organization this year) and kindly return it to:

Margaret Beaton

Inverness County Recreation/Tourism Dept.

375 Main Street, PO Box 179

Port Hood, NS B0E 2W0

Name of Organization: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Is your organization still in existence: Yes \_\_\_\_\_ No \_\_\_\_\_

Civic Address of contact person: \_\_\_\_\_

Mailing Address of contact person: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Cell Number: \_\_\_\_\_

Email: \_\_\_\_\_

Fax: \_\_\_\_\_

## 100 Women Who Care Rural Cape Breton hold a successful first meeting



*The founding members open the meeting. Pictured (l-r) Mary Janet MacDonald, Josephine MacEachern, Gail MacNeil, Janet MacKenzie, Bev MacDonald and Eleanor Ryan.*

2017 and, to date, 165 women from the tri-county area have already signed up.

The goal of 100 Women Who Care Rural Cape Breton is to raise money for one local charity per year. Each member is expected to donate \$100 at the annual meeting. Prior to the meeting, any member may nominate a registered non-profit charitable organization located in any one of the three counties. This year, twenty-four charities were nominated and from all of the nominations, three were chosen by random draw to make a five-minute presentation to our members at our annual meeting. The Warden of the Municipality of the County of Inverness, Betty-Ann MacQuarrie, drew the three names at a ceremony held in Council Chambers on September 28th. L'Arche Cape Breton, Richmond County Early Childhood Education Association, and the Inverness Consolidated Memorial Hospital Charitable Foundation, were the successful nominees. The order in which the names were drawn also determined the order of precedence of the presentations.

On the night of the meeting, each one of these three organizations gave an excellent five-minute presentation about the work that they do and the impact such a generous donation would have on their organizations. The members of 100 Women in attendance at the meeting subsequently voted for the charity that they felt was most deserving of this year's donation. The organization that received the most votes was the Inverness Consolidated Memorial Hospital Charitable Foundation.

The Foundation plans to use the funds toward the creation of a palliative care family room at the hospital. This new palliative care room will be used by family members of palliative care patients who don't want to leave the side of their loved ones. "We are seeing more and more families staying around the clock at the hospital," said Rankin-MacDonald, "because we live in such a large geographic area. It is a hardship for them to travel home from the hospital at night. This new family room will give them the option of staying overnight at the hospital in a comfortable room." The palliative care family room will also have a small kitchen space, couches, a shower and a place to sleep. It will allow grieving families the space and privacy they may need during a highly stressful time.

The 100 WWC Rural Cape Breton members who attended the meeting found that there was also an educational component to the evening. Although they can fund just one organization per year in our communities, they also learned about two other worthy organizations and the excellent work that they do. The

*by Josephine MacEachern*

Thursday, October 19th marked the first annual meeting of 100 Women Who Care Rural Cape Breton, a group of women dedicated to raising money to benefit their communities. This initiative was spearheaded by a core group of women who heard about other chapters of 100 Women Who Care and the impact that they had made on their local non-profit organizations and people they serve. This newest Chapter of 100 Women Who Care is comprised of women from Richmond, Victoria and Inverness counties on Cape Breton Island. The group was established in May



*Some of the 100 Women Who Care Rural Cape Breton who attended the inaugural meeting.*

*Continued on page 15..100 WOMEN*

names of these two organizations will go back into the draw for next year, however, this year's recipient will be ineligible to re-enter the draw for five years.

The founding members of 100 Women Who Care Rural Cape Breton would like to thank Chartered Accountants, Lee-anne MacEachen and Erin MacEachen, for tabulating the votes at the meeting. Heartfelt thanks also go out to the membership for their generous financial contributions. A special thank you to the members who came out to the inaugural meeting to hear the presentations and vote: Because all of you care about your communities and fellow residents, you have the distinct pleasure of making a significant contribution to life here once per year!

For more information on 100 Women Who Care Rural Cape Breton, follow us on Facebook: <https://www.facebook.com/100-Women-Rural-Cape-Breton-168499987031580/> or visit our website at: <https://www.100womentruralcapebreton.com/>

## Walking in the winter months

We're always trying to keep our kids physically active, especially during the "hibernation months" of winter. Parents may just want to hunker down with a good cup of tea but kids still need to find a way to use up some of their extra energy.

We want to ensure that our children meet the recommended amount of daily moderate-to-vigorous physical activity - which is 60 minutes. There are lots of ways that families can try to achieve this, but one of the best means of getting your child to meet the daily quota, without a price-tag attached, is walking. Even through the winter months your kids can still walk to school where feasible. Don't let cold, wind, snow or rain keep you or your kids from heading out for a walk. If they dress properly and practice winter safety, they're ready to go!

"The Ecology Action Centre wants to celebrate being active in the winter," says Stephanie Johnstone-Laurette, Youth Active Transportation Coordinator. "For a number of years now, we've successfully worked to promote and organize Winter Walk Day events across Nova Scotia."

Winter Walk Day is an opportunity for schools and community groups to recognize the importance of physical activity, learn about safe walking routes in their neighbourhoods, and even tie it into school curriculum. The Ecology Action Centre has a number of options to help schools and groups promote their February Winter Walk Day. We provide poster and announcement templates and safety tip sheets, available in English and French. You can also find Nova Scotia curriculum linked outcomes for grades Primary to Grade 6 on our website.

The event is held throughout the entire month of February. Schools or groups can register, choosing the day that suits them the best. There is also flexibility in how to celebrate.

"Last year, our schools held Winter Walks around their school grounds so that all students could be involved," shares Youth Active Transportation Coordinator, Natalia Diaz-Insense. "Others organize walks through local trail networks and offer scavenger hunts. Some classes borrow snow shoes for their walk, and some tie it in with winter safety."

When registering for Winter Walk Day 2018, your school or group commits to the following 4 steps:

1. Choose a day in February as Winter Walk Day
2. Promote the event to participants
3. Educate participants on winter walking safety
4. Tell us how the event went on the Evaluation Survey that we'll email to you at the end of February.

Each year, schools that register and complete our feedback survey qualify for prize draws. Please visit our website, <http://ecologyaction.ca/winter-walk-day> to see this year's great prizes and register your school!



Pictured above left, Director of Palliative Care, Brenda Rankin-MacDonald, with Palliative Care Nurse, Lori Ann MacDonald. They made a presentation on behalf of the ICMH Charitable Foundation which subsequently won the donation.

## Winter Walk Day



# Seasons Greetings from your Municipal Councillors

**Betty Ann MacQuarrie -**

**County Warden and the Councillor for District 5 (Port Hood/Mabou)**

The steps we have taken as a Municipality this year are about to translate into moving forward on a firm footing. Steps, such as a thorough Organizational Review and the development of an updated Strategic Plan, are both nearing completion and will help guide future planning for the county.

The Municipality's support of district projects is ongoing and projects are funded when we are in a position to do so. Some of the projects that have recently been completed have already made quite an impact. For example, the difference that the Port Hood Facade has made in the community is now quite visible as you visit the community. And, if you visit Judique or Mabou, you will see that we have made good use of Federal and Provincial Infrastructure funds that were matched with Municipal and customer contributions to complete long overdue projects in those communities.

The Cheticamp Water System, once owned and operated by the province, became a Municipal responsibility as of October 4, 2017.

The Port Hood Plan Review of the Municipal Planning Strategy and Land Use By-Laws passed second reading on October 19th and has been sent on to the Province for their approval. The Port Hood Area Planning & Advisory Committee put many hours into updating the Zoning document. We have also been working with neighbouring Municipalities through the Regional Enterprise Network (REN) on projects such as the development of a Broadband Strategy and improvements in cellphone service.

In October we (Councillors and some staff members) completed a two day infrastructure tour of the entire county. We visited the transfer station, waste water and water treatment plants along with cultural and recreational sites. As a Council we will now have a better understanding of this county's infrastructure when it comes up for discussion at our meetings. Armed with this first-hand knowledge will help inform our decisions at the Council table. Transportation for the county-wide visits was provided by Strait Area Transit.

We have initiated an Active Transportation Strategy for the county and sincerely hope that our residents will participate in the planning process. By the time this publication is delivered the community consultations in each of the Council Districts will have been held.

Recently, we approved a design for the transformation of the old courtroom into Council Chambers and we hope that the work will get underway soon. At the same time, accessibility to the Municipal Building is being improved. This includes handicapped parking on the side of the building to allow for easier access to the ramp at the front of the building. The front entrance will also be equipped with a new push button door entry.

The official grand opening of the "Great Trail" was celebrated by several of our communities on August 26th. Our sincerest thanks go out to the many volunteers who made this possible.

We appreciate the work of the many volunteers, so generous with their time on Fire Departments, Development Associations, Trails Groups, Arena Commissions and the many other organizations responsible for making ours a municipality where people feel a real sense of community. These volunteer organizations continue to help reinforce and build the spirit of our communities and encourage growth.

As many of you already know, we are presently recruiting for a CAO (Chief Administrative Officer) to replace Joe O'Connor who retired effective October 1, 2017. We hope to have his replacement at work by January of 2018 and we wish Joe a happy and fulfilling retirement.

The municipal councillors and staff work hard on your behalf and we try to provide services in a timely manner, all while trying to ensure that environmental standards are met on municipal projects.

May the warmth of the Christmas Season fill your hearts with joy and hope. Wishing you good health and prosperity in the New Year. Merry Christmas & Happy New Year! Joyeux Noël et une Bonne Année! Nollaig Chridheil agus Bliadhna Mhath ùr! Ulnuelewi & Pusu' Puna'ne! [Contact Warden, Betty Ann MacQuarrie is 902-945-2399(H) 902-258-5632 (C) .

*Continued on page 17...COUNCILLORS CHRISTMAS MESSAGES*



**Betty Ann MacQuarrie**

### Alfred Arthur Poirier

#### Deputy Warden and Councillor for District 1 (Cheticamp/Pleasant Bay/Meat Cove)

As we approach the closing of the year, it's a time for giving and a time for reflection. In District 1 it has been an excellent year and, with all that has transpired, we can look to the future with optimism. Fishing and tourism, the main economic drivers of our area have gone very well. We can expect even more improvement in these sectors in the future.

On a personal note, I would like to take this opportunity to thank all of the residents of Pleasant Bay and Cheticamp who have welcomed me into their homes. I enjoy my visits with you and listen carefully to what you have to say. The ideas that you share as you express your hopes and desires for the betterment of our communities are appreciated and shared with my fellow councillors at our meetings.

I congratulate all county organizations on the spirit of cooperation that exists between them as they strive to create mutually beneficial economic opportunities and work together to help ensure a bright future for Inverness County.

To Warden MacQuarrie, Councillors and staff of the Municipality, I appreciate working with all of you and look forward to our future collaborations.

As the year draws to a close, Christmas is a time for families, friendship and peace. May this Holiday season and the year 2018, bring joy, peace, prosperity, success and good health. May faithful family, friends and Christmas cheer, goodwill and blessings be yours throughout the year. Have a blessed Christmas. Que Noël soit haut en couleur, qu'il laisse derrière lui des souvenirs débordant de bonheur. Que la nouvelle année vous apporte santé, prospérité et réussite. Nollaig Chridheil agus Bliaadhna Mhath ùr! Ulnuelewi & Pusu' Puna'ne! [Contact Information: Regular mail: PO Box 670, Cheticamp, NS, B0E 1H0. Phone: 902-224-1827(W)/902-224-0097(Cell). Email: yds801@bellaliant.net.]

### Laurie Cranton - Councillor District 2 (Margarees/St Joseph du Moine/Belle Côte)

My first year on council has been challenging but tremendously rewarding. I have enjoyed networking with so many caring individuals within the district and beyond.

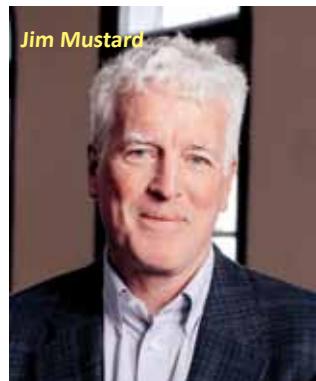
Internet and cellular services as well as roads and bridge infrastructure continue to be priorities for me as your municipal councillor. Recently, I have agreed to sit on a new committee that will be working diligently to ensure that rural Cape Breton gets high-end cell service and fibre connections that will lead us well into the future.

I have also been working to assist dedicated volunteers within our many community organizations reach their goals. These volunteers are the backbone of our island and I thank them for their efforts. I hope that many of you will take some time to say thank to your local volunteers over the holiday season.

For the most part, the year has shown positive growth in our staple industries. Tourism, fishing and forestry have all shown growth in 2017. With good management, they will continue to help sustain many of our families into the future.

My family and I wish all county residents a Merry Christmas and Happy New Year, may this Holiday season and the year 2018 bring joy, peace, prosperity, success and good health to each and every one of you. Joyeux Noël et une Bonne Année! Nollaig Chridheil agus Bliaadhna Mhath ùr! Ulnuelewi & Pusu' Puna'ne! [Contact Information: Regular mail: 184 Cranton Crossroads, PO Box 23, Margaree Centre, NS, B0E 1Z0. 902-248-2726/ 902-224-0506. Email: laurie.cranton@invernesscounty.ca.]

Jim Mustard



### Jim Mustard - Councillor District 3 (Inverness/Glenville/Dunvegan)

This has been a busy and productive year for District 3. Plans are underway for a new water source for Inverness in 2018; three new crosswalks have been approved by transportation and infrastructure renewal and will be installed in the spring of 2018; new sewer lines have been installed, opening up a number of building lots on Maple Street for development; an accessibility committee has been formed to ensure that local businesses, not-for-profit organizations and our government infrastructure are made barrier free; and our District has formed a new planning advisory committee with local residents involved to engage in shaping future development of the community.

Continued on page 18...COUNCILLORS



Alfred Arthur Poirier



Laurie Cranton

Across the county things are also taking shape. A housing coordinator has been hired by the municipality to help create a range of affordable housing options where there is a demonstrated need in our communities. "Welcoming communities" across the region (Inverness, Victoria, Port Hawkesbury, Wagmatcook and We'koma'q), a movement called Raising the Villages/Mawiomi w'it mijuwajjik (gathering for our children) is underway, to provide welcoming spaces for our youngest citizens from the pre-natal period onwards. These spaces will help our children, families and extended families connect to what they need, and share a sense of belonging with our intergenerationally rich culture. Strait Area Transit is running well and supported by all three Municipalities. The transit service transported over 18,000 people last year.

Thanks to all the volunteers, service providers and businesses for making our county and communities such a wonderful place to live, play, grow and prosper. My family and I wish all constituents of the Municipality of the County of Inverness a very festive holiday with family and friends. May 2018 offer all of us much health, prosperity and a sense of gratitude for all that we have in this beautiful place we call home. Joyeux Noël et une Bonne Année! Nollaig Chridheil agus Bliaadhna Mhath ùr! Ulnuelewi & Pusu' Puna'ne! [Contact Information: Regular Mail: RR #1, PO Box 28, Pipers Glen Road, SW Margaree, NS, B0E 3H0. Phone: 902-248-2893/902-295-0974 (mobile). Email: [jim\\_mustard@hotmail.com](mailto:jim_mustard@hotmail.com) .] [Ed Note: *Strait Area Transit is a non-profit community based transit system whose goal is to provide inclusive, safe, reliable, and accessible transportation to the residents of Richmond and Inverness counties and the Town of Port Hawkesbury. For more information visit their website at <http://www.satbus.ca> call 902-625-1475 email: [info@satbus.ca](mailto:info@satbus.ca) or visit their Facebook page <https://www.facebook.com/StraitAreaTransit/> .*]



#### **John MacLennan - Councillor District 4 (Whycocomagh/Orangedale/Ainslie)**

At this special time of year, I'd like to thank those who serve with our Fire Departments, Development Associations, Trails Groups, Arena Commissions and the many other organizations in our communities. Your generosity and caring help make our communities special places to live. Thank you also to Bob and Marion Campbell of Blues Mills who donated the Christmas tree for Boston this year. You made us all proud!

My family and I wish all county residents a Merry Christmas and Happy New Year, may this Holiday season and the year 2018 bring joy, peace, prosperity, success and good health to each and every one of you. Merry Christmas & Happy New Year! Joyeux Noël et une Bonne Année! Nollaig Chridheil agus Bliaadhna Mhath ùr! Ulnuelewi & Pusu' Puna'ne! [Contact Information: Regular mail: 7433 TCH, PO Box 64, Whycocomagh, NS, B0E 3M0. Phone: 902-756-2740(H). Email: [maclennan.john@ymail.com](mailto:maclennan.john@ymail.com) .]

#### **John Dowling - District 6 (Hastings/Judique/West Bay)**

As 2017 comes to a close, looking back it has been a very successful year. As a new Council we learned how to function as a group, responsible to the citizens of Inverness County. We had our days where long discussions at first divided us but then brought us back together, as we sought the best possible solutions for our constituents.

My first full year as a Councillor has been eye-opening and a continuous learning process. The people of our County have been extremely supportive and understanding, and I look forward to helping when and where I can.

It has been an honour to have been in a position to assist many of our community groups plus attend all the functions throughout the past year. I try to always be open and available to my constituents, and I will continue to do so.

For my wife, Christine, and I, Christmas arrived in July of this year when we welcomed our son Calvin into the family. We consider ourselves fortunate to have a happy and healthy baby boy in our lives. Family is extremely important to me and the health and happiness of all of our residents is vital to our continued growth.

I hope that 2018 brings many new opportunities and good fortune to all of the residents of Inverness County. I have always valued time spent together at Christmas with loved ones as being extremely important. We all have traditions old and new but being able to support those who are less fortunate should not be forgotten, especially at this time of the year.

Regardless of whether Santa comes down your chimney or in through the front door, may your Christmas be filled with love, happiness and friendship. My family and I wish all residents of the county, and particularly residents of District Six, a Merry Christmas and Happy New Year. [Contact Information: Regular mail: 294 Dowling Road, West Bay Road, NS, B0E 3L0. Phone: 902-631-5351(Cell). Email: [johndowling543@hotmail.com](mailto:johndowling543@hotmail.com) .] ☃



# Inverness County's Chief Administrative Officer retires

Joe O'Connor, Chief Administrative Officer (CAO) for the County, retired effective October 1st. On September 11th, he attended his last council meeting with a number of the municipality's administrative staff sitting in the public gallery to mark the occasion. Warden Betty Ann MacQuarrie, on behalf of council and staff, thanked him for his 42 years of dedicated service to the municipality.

Hired as the Director of Public Works for Inverness County in 1975, he initially travelled back and forth from New Glasgow until he moved back to Inverness. He served in that capacity until he became CAO in 2009. Joe took a great deal of interest in his position and was very hands-on, such as getting down in a trench to fix a broken water line, turning water on or off for residents, flushing a plugged sewer, etcetera. He saw the installation of many sewer and water projects throughout the county. He was active as an engineer right up until the day he retired, even though he had become CAO in 2009, following the retirement of Kate Beaton. A wealth of knowledge, one former councillor recently said, "There was nothing you could ask Joe that he didn't know something about and now that wealth of information is gone."

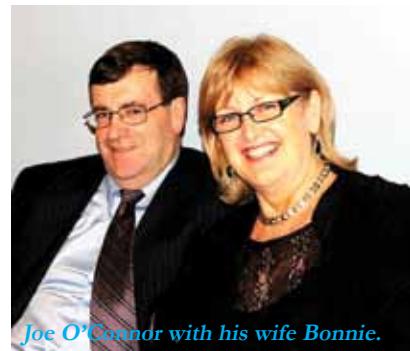
Born and raised in Inverness, he graduated from Inverness Consolidated before going on to earn a Bachelor of Science degree from St. FX. and an Engineering degree from Dalhousie University.

He will be missed by staff especially for his easy going way, laughter in the workplace, his ability to tell stories about former staff and councillors alike and the country music songs he could be heard singing almost daily.

Besides his work to keep the county running smoothly Joe was and still is a dedicated, long-serving member of the Inverness Volunteer Fire Department. He has also served with many other community organizations and still active with some including the Inverness Development Association.

Council members and staff wish Joe a long, well-earned retirement enjoying his family and hobbies with lots of time to work on his "bucket list".

Tanya Tibbo, the county's Director of Finance, has temporarily taken on the role of CAO until Joe's replacement can be announced. 



**Joe O'Connor with his wife Bonnie.**

The Inverness County Recreation/Tourism Department is delighted to introduce you to Lisa Organ, the newest member of the Recreation/Tourism Department. Lisa will be working for the Municipality in the role of Tourism Coordinator while Amey Beaton is on maternity leave. Lisa is from Glencoe Station and brings over 20 years of experience working in the hospitality industry in management positions. She started with the Municipality October 10 and has been busy familiarizing herself with the Municipality's tourism strategy, including winter tourism opportunities, promotion on social media, as well as general aspects of the Department. Over the next few months she will be reaching out to operators and festival and event organizations with regard to the upcoming 2018 tourism season. However if you wish to contact her directly, she can be reached at 902-787-3507 or [lisa.organ@invernesscounty.ca](mailto:lisa.organ@invernesscounty.ca). 



**Lisa Organ**

## **Skiis, Snowshoes & Nordic Walking Poles are available for rent from the Municipality Rental Fees**

Nordic Walking Poles: \$5/2 weeks, \$25/pair damage deposit



Skiis: \$2/day, \$10/week (\$100/pair damage deposit)



Snowshoes: \$1/day, \$5/week (\$25/pair damage deposit)



Adult and children sizes



### **Rental locations:**

Municipal Recreation/Tourism Department C



375 Main Street, Port Hood

Inverness County Literacy Office

For more information: Phone: 902-787-2274

16 Upper Railway Street, Inverness (next to Post Office)

Email: [info@invernesscounty.ca](mailto:info@invernesscounty.ca)

Phone: 902-258-3110 (Limited hours so please call ahead)

Email: [invernesslit@ns.aliantzinc.ca](mailto:invernesslit@ns.aliantzinc.ca)

## Trails News

2017 was a milestone year in Inverness County. Not only did we celebrate the 150th anniversary of Confederation and the launch of Inverness County's new brand "Canada's Musical Coast" (<https://canadasmusicalcoast.com/>) we also celebrated a one-hundred percent (100%) national connection of the Trans Canada Trail.

On Saturday, August 26, Inverness County - Canada's Musical Coast, hosted nine events throughout the County. Creignish to Inverness to Marble Mountain and communities in between all hosted celebrations of this mile-



stone event. All of the events were well-attended and the folks who came out to participate had a great time!

"None of this would have been possible without our dedicated community volunteers who are passionate about providing recreational trail opportunities in their communities," said Vanda Jackson,



©Lynda Campbell

Chief Executive Officer of the Nova Scotia Trails Federation. "Our volunteers really care about their communities and have worked diligently to not only connect the Trans Canada Trail in Nova Scotia but in doing so they also help enhance the health and economic well-being of their communities."



Nova Scotia Trails Chair, and Inverness County resident, Blaise MacEachern, commended the trails committees and everyone who has played a role in getting the work done. "In Nova Scotia we have seen \$4 million in corporate and private donations alone to the trails. We are also acutely aware that trails in Nova Scotia would not be possible without the hard work of the committed volunteers who spend countless hours building and taking care of our trails." he concluded.

"The connection of the Trans Canada Trail is a major

milestone and our government is honoured to have supported its development through in-kind and financial support," said Natural Resources, Minister Margaret Miller. "This Great Trail

provides us a way to connect communities, explore nature, and to follow a healthy and active lifestyle."

The Nova

Continued on  
page 21...TCT



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*A unicycling juggler took to the Celtic Shores Coastal Trail to celebrate the festivities. Who is he?*



own section of The Great Trail, which is owned and operated at the local level. It spans

over 24,000 kilometres across 13 provinces and territories of this country from the Atlantic to the Pacific to the Arctic Oceans, through every province and territory, it links over 1000 communities and all Canadians.

The Trans Canada Trail (TCT) will continue to encourage Canadians and visitors to discover, experience and cherish the Trail by supporting improvements and sustaining its integrity for future generations to enjoy through the coming years.

The Great Trail through Nova Scotia is over 1,200 km with 64 distinct sections, cared for by as many trail groups. The Trail links to the provincial capital, Halifax and to the three adjacent provinces: New Brunswick, and by ferry to Prince Edward Island and Newfoundland and Labrador.

*[Photos on pages 20, 21 and 22 are from the celebrations held in the communities of Creignish and Mabou to celebrate the completion of The Great Trail on*

*Continued on page 22...TCT*



©Lynda Campbell

*Continued from page 20...TCT*

Scotia portion of the Trans Canada Trail totals more than 1,200 kilometres. More than half of the trail is located on public lands.

Every Canadian province and territory is home to its



©Lynda Campbell





August 26th. Creignish celebrants wore red t-shirts with Mabou residents donning bright green t-shirts. Many thanks to Lynda Campbell of Mabou who allowed us to publish her photos. To see video and photos of the celebrations that took place across



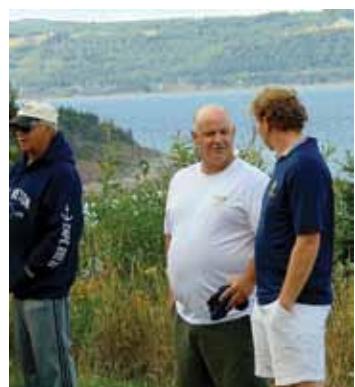
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Inverness County, visit our website at: <https://inverness-county.ca/the-great-trail-day-event-video-and-photos/>. Visit the Celtic Shores Coastal

Trail page for more information on that trail at <http://www.celticshores.ca/> and also Mabou's community Facebook page at <https://www.facebook.com/mabou.capecbreton/> .



©Lynda Campbell



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## Bluenose Achievement Awards presented to two Inverness County residents

Photo Courtesy Recreation NS



*Blaise MacEachern is pictured above after he was presented with the Bluenose Achievement Award by Kerri Penney, President of Recreation Nova Scotia. They were joined by Jeff Ward, Master of Ceremonies for the evening. Jeff is the General Manager of the Membertou Heritage Park Indigenous Cultural Centre at Membertou First Nation and a well known Indigenous Performer.*

that required significant commitment and leadership skills. Since then, Blaise has thrived as a networker, champion, resource broker, advocate, mentor, negotiator, team player, and much more.

In acknowledging Blaise's contributions, Recreation NS wrote, "Nova Scotia has long recognized the importance of trails, acknowledging their ability to provide access to special places and unique recreation experiences. This year marks the completion of the Great Trail Connection in Nova Scotia making it a particularly great year to honour Blaise MacEachern with the Bluenose Achievement Award."

John Dan (Smokey) MacNeil of Creignish received the Bluenose Achievement award for his dedication to minor baseball.

He grew up in Inverness County in the 60's where he had the opportunity to participate in organized ball and learned the value of recreation to children, communities, one's health, and overall quality of life.

When he moved to Creignish in the mid-seventies, he decided on a goal - to bring the community together by starting a minor baseball program complete with a regulation sized field which would allow for provincial playdowns, should the occasion arise: He wanted to make sure that the youth in the community had the same opportunities that he did growing up, knowing all of the benefits that are associated with being part of a team.

*Continued on page 26...BLUENOSE*

Two Inverness County residents and dedicated volunteers were recently presented with Bluenose Achievement Awards by Recreation Nova Scotia. Blaise MacEachern of Judique and Smokey MacNeil of Creignish accepted their awards in Membertou at a special ceremony held during Recreation Nova Scotia's Conference Awards Dinner. The Bluenose Achievement Award recognizes individuals or community groups that provide or support activities and services that successfully achieve the values and benefits of recreation.

For his dedicated work on trails, over the years Blaise has received multiple awards and recognitions including the Queen Elizabeth II Diamond Jubilee Medal in 2002, the White Hill Summit Award NS Trails in Spring of 2010, the Volunteer of the Year Award for Judique in April 2016, and the Sovereign's Medal for Volunteers in July of 2016.

He has held various positions with multiple trails associations over the years, including, but not restricted to, sitting on the Board of Directors for the Cape Breton Island Pathways Association and the Nova Scotia Trail's Federation. Blaise also organized and was the driving force behind the 92 kilometre long Celtic Shores Coastal Trail.

Now Vice-Chair of the NS Trails Association, he has dedicated many years to the development of a sustainable trail system throughout Nova Scotia and in his home community of Inverness County.

He first started volunteering his time to develop the Trans Canada Trail (The Great Trail) in 1999. In 2007 he became Chair of the Nova Scotia Trans Canada Trail Committee, a role



*Smokey MacNeil, centre, is pictured after he was presented with the Bluenose Achievement Award by Kerri Penney, President of Recreation Nova Scotia. Also pictured is Jeff Ward, the Master of Ceremonies for the celebration.*

## Waycobah Cultural Showcase



*The youngest hoop dancer in the Maritimes, Autumn Cedar Alex, performs.*

Chief Ben Sylliboy would be honoured with a special presentation later in the day.

As I made my way to the trailhead, I introduced myself to a woman making her way back to the parking lot. Tracy Googoo was returning from a trip around the trail. She suggested that I stop and see her father, Joe Googoo (a traditional hunter and fisherman) and mother, Judy, a healer, who had an exhibit on the trail.

Tracy said that she and her three younger sisters had been taught traditional trapping, hunting and fishing by her father when they were quite young. He had wanted to pass on the traditions to them because he felt that a son wasn't in his future, therefore was eager to teach the girls. (Little did he know at the time that he and his wife would eventually become parents to 13 children, boys included!) Her dad, who is a young 70 years old, still operates an oyster farm on Whycocomagh Bay - a place where both trout and oyster are farmed.

A young boy dressed in traditional regalia was walking towards the trailhead with his mother when I asked him where he was headed. A Waycobah resident, ten year old Autumn Cedar Alex told me that he was the youngest hoop dancer in the Maritimes and was making his way around the trail to the stage where the dancers and drummers were performing. When I asked him to tell me a little about the history of hoop-dancing, he explained that back in days when tribes

moved from place to place, the braves would stamp down the grass to prepare it for setting up the wigwams. Of course, at that time, hoops were not used when they did this, it was many years later that hoops were incorporated and hoop dancing became an art form. An expression of their culture and a connection to the past, hoop dancing is now performed by First Nations across North America at powwows.



*One of the beautiful baskets Debbie and Darlene had made.*

Once I finally set off on the trail I met Tiffany Gould, a teacher at the Waycobah school. She walked part way with me and pointed out interesting things along the way - things that I might otherwise have missed had my generous guide not shared them with me. For example, she showed me where beavers had been industriously gnawing on trees hoping

*Continued on page 25...SPIRIT*

*by Marie Aucoin*

On Sunday, October 29th - which was an absolutely glorious Fall day - I made my way to Waycobah because a Mi'kmaq Cultural Showcase had been scheduled to take place on the Skye River Trail (the Spirit Trail). I was greeted by Susan Googoo, the Director of Human Resources and

Destination Cape Breton Liaison for the Waycobah First Nation. She explained a little about what I should expect to see and experience along the trail and why this was a particularly special day for the community because Grand



*The entrance to the Spirit Trail is to the right, directly off the highway just about 80 or so metres south of the Tim Horton's located at 9243 Trans Canada Highway.*



*Above left, Debbie Bernard and right, Darlene Googoo, demonstrate how they make their woven baskets from black ash wood.*



**Eva Nicholas, porcupine quill artist**



George were busily making bannock over a campfire. The smell was mouth-watering.

Continuing on my way, I began to smell the scent of woodsmoke. Eager to find out where it was coming from, I quickened my pace. Finally, I found the source: Jade Sark and her dad

My next stop was with Joe and Judy Googoo. Joe had some of the animals that he had trapped over the years on display and was demonstrating some of his skills. Judy, a healer, shared some of her knowledge about which plants had medicinal qualities. She related a personal story of how she had treated her own case of severe asthma with a tea made from red clover flowers. She showed me many different plants and parts of plants that are used to treat all manner of ailments. Needless to say, I was completely fascinated with the knowledge she so generously shared and found myself reluctant to leave.

I finally left Joe and Judy and continued on my way. At my next stop I found Eva Nicholas, an artist who uses porcupine quills in her work. She had some of her artwork on display and some brightly coloured porcupine quills that she hand dyes to make them. Many of the dyes that she uses are from natural sources such as plants. A Facebook page with photos of some of her creations can be accessed at: [www.facebook.com/wabanakicreations](http://www.facebook.com/wabanakicreations) .

As I came full circle to the end of my journey on the trail, Susan Googoo

came to tell me that the most

special part of the day was about to begin: the presentation was about to be made to Grand Chief Ben Sylliboy.

Later, as I made my way home after the presentation was over, I reflected on what an enlightening and enjoyable journey I had experienced learning more about the First Nations culture and the knowledge they have to share with us. I will long remember and be grateful for that day. 

*[The Skye River Trail (Spirit Trail) is part of the Great Trail (Trans Canada Trail - TCT). The sign at the entrance to the trail states, "Visit Waycobah First Nation to discover your spirit and heal your soul on the Skye River Trail. On your journey, interpretive guides will delight you with stories of our people, our culture and our history. Rough camping and canoeing amongst the scent of traditional foods being cooked over an open fire will make you feel at home in this place."]*



*Pictured above are l-r: Susan Googoo, Eldon Alex, Grand Chief Sylliboy and his daughter, Michelle Sylliboy. [Sadly, since this photo was taken the Grand Chief passed away. Our sincerest condolences are extended to his family, friends and First Nations people on the loss of a wise, gentle man and respected leader.]*

*Continued from page 24...SPIRIT*

to eventually fell them to use for their own purposes.

Further along the trail, two basketmakers were busily weaving strips of black ash into beautiful and useful creations. As they wove, Debbie Bernard and Darlene Googoo told me that their mom had taught them this traditional craft and that their grandparents had also been basket makers. They said that they thought this craft may have originated in Waycobah.

*"The Mi'kmaq were traditionally semi-nomadic people and required containers to carry food and supplies from their summer encampments near the shore of lakes, rivers and the ocean to their inland camps during the winter months. At first the containers were simply made from roots and other woody fibres and resembled bags more than baskets. It wasn't until Europeans arrived in Nova Scotia that Mi'kmaw basket makers first started making and selling splint baskets."*

- <http://wisqoq.ca/black-ash/history/>



## Two local heroes honoured

The Nova Scotia Medal of Bravery was recently awarded to two Inverness County residents. The Medal of Bravery is awarded to individuals who have risked their life in the past three years protecting the life or property of others.

On November 8, the Premier presented four courageous individuals with the Nova Scotia Medal of Bravery. "These acts of bravery remind us of the good in the world," said Premier Stephen McNeil. "The people being honoured today displayed selfless courage and chose the well-being of others over their own. Their bravery is an inspiration and we are deeply grateful for their actions."

Two of the recipients were from Inverness County: Liam Bernard and Shane Bernard are residents of the Waycobah First Nation Community. On September 16, 2016, the two best friends, who are not related, were travelling on Highway 105 when they came upon the scene of a motor vehicle accident that had occurred just moments before. One vehicle, containing two passengers, was on fire. Liam, Shane and other bystanders helped one of the passengers exit the vehicle but the driver was pinned inside the car with flames at his feet. It was at that point that Liam entered the burning vehicle to free the driver's legs, while Shane held on to Liam's belt to anchor him to the ground. However, the trapped driver realized immediately the danger that they were all in and insisted that the Bernard's stop trying to help him and save themselves. However, they chose to ignore the driver's request and continued to attempt to pull him out of the burning truck. While Shane held on to Liam's belt to give him more reach, Liam was finally able to free the driver. As soon as they had him free, Liam, Shane and the driver were pulled away from the vehicle by other individuals just as the truck became completely engulfed in flames.

On a Healthy Path

- The average adult burns 490 calories during one hour of hiking, or 420 calories during one hour of kayaking.
- People who spend more time outdoors have also been shown to recover from surgery faster, require less medication and have shorter hospital stays.
- A two-hour walk in the woods can improve sleep quality, lower blood pressure and reduce stress.

Sources: [www.fitnessfor-weightloss.com](http://www.fitnessfor-weightloss.com), [www.nutristrategy.com/calories-burnedwalking.htm](http://www.nutristrategy.com/calories-burnedwalking.htm), [www.parks-parcs.ca/english/ConnectingCanadians-English\\_web.pdf](http://www.parks-parcs.ca/english/ConnectingCanadians-English_web.pdf) .



*Photo above from left to right: Premier Stephen McNeil with recipients of Medal of Bravery Travis Wolfe, Eric Nickerson, Shane Bernard, Nevada Francis (accepting on behalf of her father Liam Bernard) and the Chair of the Medal of Bravery Advisory Committee, Hugh Laurence.*

The Medal of Bravery is awarded each year to people who have risked their life protecting the life or property of others. Inverness County is very proud of these two heroes. Shane and Liam, we thank you for your outstanding act of bravery. ☺

*Continued from page 23...BLUENOSE*

Smokey has accomplished this goal and so much more. He has coached, umpired, run practices and worked with children of all ages. All of this while practicing the Principles of High FIVE even before it was a recognized certified training program.

Over the past four decades he has kept ball in Creignish alive. While many other communities were losing their ball fields and associations due to volunteer burn out and lack of resources, he always finds places for youth to play, not just kids from his own community but also from surrounding communities. Not only that, he takes time, year after year, to apply for funding and develop grant proposals to ensure the continuation of the program and keep students employed for the summer. However, Smokey is a humble man and said his Bluenose Achievement Award is not his alone. "So many people have come through to make this happen. Nobody can do it alone."

Council and staff of the Municipality of Inverness County congratulate these two outstanding volunteers on receiving this honour. Our sincerest thanks for all that you do to contribute to making life in our communities extra special. ☺

### Recreation Nova Scotia's Diversity and Community Capacity Fund

Recreation Nova Scotia's Diversity and Community Capacity Fund program supports activities that build awareness, celebrate and honour all cultures and diversity. Application Deadlines: April 15, June 15, August 15, October 15 and December 15. For more information:

<http://www.recreationns.ns.ca/community-funding-and-awards-diversity-and-community-capacity-fund/> ☺

# Plan on a healthy Christmas holiday

by Dr Glenna Calder, ND

What is Christmas Dinner without the MSG? Ooops! I mean the gravy! The most wonderful time of year is here. As a healthcare practitioner, I also know that this is the hardest time of the year on the body (and mind).

Nowadays, many people are finally paying attention to what they are putting into their bodies. Are you one of them? Would you like to be one? Well, one way that you can be kind to your body is to eat REAL food. Do you want to try using real food in your holiday dinners? Yes, I mean only food - food without MSG, food coloring, aspartame, benzoate, nitrates, sulphites or tartrazine. These additives are commonly found in processed foods. Statistics tell us that many households spend ninety percent (90%) of their grocery budget on processed foods.

Here are just some examples of how these additives may be harming our health: Yellow dye # 6 and Yellow tartrazine (or Yellow dye #5) has been shown to increase the risk of developing adrenal and kidney tumours. They are banned in Norway and Sweden. Other food colorings have been found to affect behaviour in children and lower their IQ status. Trans fats are another example of how food additives (used to extend the shelf life of foods) can harm us. Trans fats are banned in the Danish market but can still be found in foods here in North America. You will find them in margarine, potato chips, baked goods and some oils and some fast foods. Sulfites have been shown to affect asthmatics. These are often found in dried fruits and alcohol.

What can you do to reduce the amounts of additives that you are consuming?

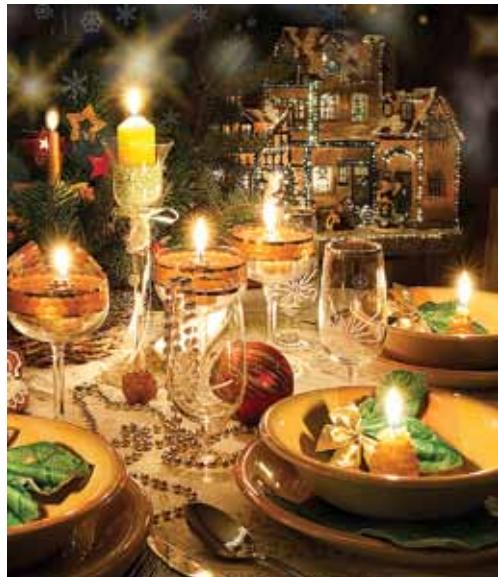
1. Aim to eat only ingredients that your great-grandmother would recognize.
- 2 Instead of focusing on the fat, protein, fiber numbers look at the ingredient list. In my experience the ingredient list has a far greater affect on your health, waistline, risk of disease than the amount of fat, protein and carbohydrates that are listed on the container. When you read the sugar amount on the label, it doesn't tell you if it is naturally occurring or actual sugar that has been added. If "sugar" appears in the lists of ingredients, then it was added to the food.
3. If you now eat processed foods daily, try to make two days of the week additive free and have no additives in any meals or snacks. Perhaps cook a few things on a weekend that are additive free, you may even have enough to go three days additive free!

You don't have to change everything at once: Making changes a little bit at a time is a more likely recipe for success than trying to change everything at once. Above all, enjoy this holiday season and be kind to yourself.

My family and I wish you all a happy and healthy holiday season filled with love. May 2018 bring peace and prosperity to all.  
[Looking for more recipes? Watch my videos and "LIKE" me on my Facebook page at <https://www.facebook.com/DrGlennaCalderND/> where I post delicious, **real food** recipes from time to time.]



Dr. Glenna Calder, ND



Yellow food dyes are found in packaged snacks such as chips and crackers -- they are particularly common in cheese-flavored varieties; puddings and sweets; and cereals, waffles and other breakfast products. Yellow dye is also found in soft drinks and juices and in dinner products such as prepared pasta and burger mixes.

## Chocolate Cauliflower Milkshake!

2 cups of frozen cauliflower (optional)  
2 bananas  
2 tbsp almond butter  
1/4 cup of cocoa or cacao powder  
2 cups of unsweetened almond milk  
Like it sweeter? Add a pitted medjool date! Blend. Makes 2 servings! Try it!

## DEADLINE FEBRUARY 1ST - AGE-FRIENDLY COMMUNITY GRANTS

The age-friendly Community Grant is open for applications. The grant supports projects that promote healthy, active living and make communities better places for Nova Scotians as they age. "We all benefit when older Nova Scotians stay connected and involved in their communities," said Seniors Minister Leo Glavine.

The grant is open to non-profit and community organizations, municipal governments, associations, and universities. Successful applicants can include partnerships or collaborative projects and can receive a grant up to a maximum of \$20,000. Applications will be accepted until February 1st. Application forms are available at <http://novascotia.ca/seniors/> or by calling toll-free: 1-844-277-0770.

## Le Choeur du Havre Christmas Concerts Scheduled

Le Choeur du Havre, under the direction of Michel Aucoin and accompanied by Brydon MacDonald, invite you to their annual Christmas Concert series scheduled for the following dates:

**December 17** at 2:00 pm, Foyer Père Fiset, Chéticamp

at 7:30 pm, L'Église St Pierre (St Peter's Church), Chéticamp

**December 18** at 7:30 pm, St Patrick's Church, NE Margaree

**December 20** at 7:30 pm, St Margaret's of Scotland Church, Broad Cove



Choir Director Michel Aucoin founded le Choeur du Havre in the early 1990s. At that time the members were all Acadians. Today, the choir is like a mini-United Nations with members drawn from across Inverness County (the Margarees, Inverness, Broad Cove, St Joseph du Moine and Cheticamp communities are all represented). There are choristers who were born and raised here and others who have moved here from other regions of Canada as well as Scotland and the United States.

Although the choir sings many pieces in French and English, their repertoire also encompasses choral music in other styles and languages and highlights periods of music from the Middle Ages to today. Feedback from concert audiences - especially first time listeners - indicates that they are always pleasantly surprised by the superb quality of the choir's sound. Generally unexpected, they find it hard to believe that such a high calibre of chorale singing is possible when drawing from a small rural population such as ours.

The choir released a Christmas CD last year. Some of the pieces included on the CD were recorded at l'église St-Pierre (St Peter's Church) in Cheticamp to the accompaniment of the church's Casavant organ. Installed in 1904 this organ is one of the earliest constructed by Casavant et Frères, prominent Quebec organ builders. It is one of the few early Casavant organs to still contain its original pipes, therefore, original sound. Enhancing the beauty of this organ's sound to the height of near perfection are the acoustics of the church. Constructed in 1893, l'église St-Pierre is recognized as having one of the best acoustics of any church in Canada: Over the years, choirs from around the world have travelled here to experience its acoustics.

Admission to the concerts is by donation. Proceeds from the concerts are shared with each of the churches hosting them. The CD, which is a fundraiser for the choir, will be available for purchase at the concerts for \$20.



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Daily at the Literacy Office at 902-258-3110 or toll free at 1-877-258-5550 or email: [invernesslit@ns.aliantzinc.ca](mailto:invernesslit@ns.aliantzinc.ca)

Sponsored by Inverness County Literacy Council

### Municipality of Inverness County - Dog Tags/Dog Control

The Municipality of Inverness County requires that your dog be licensed every year. **Dogs must be registered before January 20th of each year** (next deadline date is January 19, 2018.) Owners are also required to apply for a license within 10 days of obtaining a dog. Having a tag on your dog's collar will enable the By-Law Enforcement Officer to quickly return your dog to you when it is found. Any owner who refuses or neglects to obtain a dog tag for each dog owned by him/her is liable for a penalty not exceeding \$100. Tags for spayed or neutered dogs tags are \$10.00 per dog/Tags for unspayed or unneutered dogs are \$25.00 per dog. There are two ways to obtain your dog tags: 1. In person at the Municipal Offices 375 Main Street, Port Hood. Or, 2. By mail. Information required: Owners name, address and phone number with a detailed description of dog (color, size, markings, etc.) breed, and age. Complete and return registration form to: The Municipality of Inverness County, 375 Main Street, P.O. Box 179, Port Hood, NS, B0E 2W0. Your tag will be returned to you by mail. If you require more information, download By-Law 13# at: <http://www.inverness-ns.ca/dog-tags-dog-control.html> .

# Attention Parents - Important Information!

## CANADIAN TIRE JUMPSTART PROGRAM

The Jumpstart program is a national charitable program that helps financially disadvantaged children participate in organized sport and recreation. The program helps to cover registration fees and equipment. Applications for assistance are typically submitted January 15 to November 1, with the goal for funding to be equitably distributed over Spring/Summer and Fall/Winter activities. Applications should be completed well before the fees are due, as the money goes directly to the service organization identified in the application.

### Funding Guidelines

1. For children aged 4 - 18 years old.
2. Open to individual children, not groups or teams.
3. Funding available for multiple children within the same family for the same season.
4. Funds awarded for registration fees, equipment and/or transportation costs.
5. Funding up to \$300 per child per application.
6. Children can apply for successive seasons in an activity, up to a maximum of \$600.
7. To receive assistance for equipment, the applicant must show proof of registration.
8. Cheques are made payable to a league, association or club. Cheques for equipment are made payable to a sporting goods retailer.
9. All approvals are at the sole discretion of the local Jumpstart Chapter and designated Canadian Tire Regional Manager; and are subject to local demands and Chapter budgets.

If you have additional questions, call 1-844-YES-PLAY. Or, check out the program online at <http://jumpstart.canadiantire.ca/content/microsites/jumpstart/en/apply.html>.



## KIDSPORT™ PROGRAM



The KidSport J is a national children's program that helps children overcome the financial barriers preventing or limiting their participation in organized sport. The KidSportJ program believes that no child should be left on the sidelines and all should be given the opportunity to experience the positive benefits of organized sports. The next deadline is January 2. Future deadlines are: March 1, May 1, July 1, September 1, November 1.

### Funding Guidelines

1. Funding is granted for registration fees and equipment costs only.
2. Total funding will not exceed \$300. Funding for equipment only will not exceed \$200.
3. A child can only receive one KidSportJ grant in any calendar year.
4. Preference is given to athletes who are being introduced into organized sport for the first time.
5. Cheques for registration funding will be made payable to a league, association or club. Cheques/ vouchers for equipment will be made payable to a sporting goods retailer. (KidSportJ reserves the right to request proof of purchase.)

Questions? Call the Recreation/Tourism Department at 902-787-3508 or email [margie.beaton@invernesscounty.ca](mailto:margie.beaton@invernesscounty.ca) , or for more information visit <http://www.kidsportcanada.ca/nova-scotia/> .

# Attention Kids and Teens - Important Information!

Kids Help Phone is Canada's only toll-free, 24-hour, bilingual phone counselling and referral service for children and youth. This service is completely anonymous and confidential - they don't trace calls, they don't have call display. You don't even have to tell them your name if you don't want to. Kids Help Phone counsellors speaks with young people every day, helping them improve their emotional health and well-being. You can talk confidentially, without judgment and in the way that suits you best. Information is available by phone or Live Chat, by accessing the website resources, or by reading the blogs on their website that have been written by kids like you. It's your choice !

You don't have to have problems or be in trouble to access all of the information available: the resources can help you navigate your way through what can be a very confusing time in your life and also teach you important lifeskills. Topics covered include: Dealing with Bullying and/or Cyberbullying; Online Safety; Suicide; Fostering Hope. There's also a Help a Friend in Need guide and Promoting Emotional Health and Well-being videos, etc. This is a free service. Visit the website: <http://www.kidshelpphone.ca/teens/home/splash.aspx> or call them at 1-800-668-6868. They also have a Facebook page: <https://www.facebook.com/KidsHelpPhone> .

## Blood & Specimen Collection Hours

### Inverness Consolidated Memorial Hospital and Sacred Heart Community Health Centre

Inverness Consolidated Memorial: 8:00AM - 11:00AM      These hours are for the walk-in collections service only. Normal service is  
Sacred Heart Hospital, Cheticamp: 8:00AM - 10:30AM      in effect for patients in hospital, clinics, or the specimen drop-off service.

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**HOURS: LIBR@RY LINKS**  
**DEC 4, 2017 - FEB 16, 2018**

**CHÉTICAMP, ÉCOLE NDA**  
 (every 2 weeks) Wednesdays  
 3:00 pm - 6:30 pm

**Dec 6 Jan 3, 17 & 31 Feb 14 & 28**

**INVERNESS ACADEMY**  
 (every 2 weeks) Thursdays  
 1:30 pm - 7:00 pm

**Dec 7 Jan 4 & 18 Feb 15**

(Note: Tue., Jan 30 1:30-7:00pm)

**JUDIQUE COMMUNITY CENTRE**  
 (every 4 weeks) Wednesdays  
 4:00 pm - 7:00 pm

**Dec 13, Jan 24 & Feb 21**

**MABOU, DALBRAE ACADEMY**  
 Alexander Doyle Public Library  
 Mon/Wed/Thu/Fri  
 10:00 am - 3:30 pm  
 Tuesdays, 10:00 am - 4:00 pm  
 Saturdays, 10:00 am - 1:00 pm

**PORT HOOD**

**RESOURCE CENTRE BRANCH**  
 Wednesdays, 4:00 pm - 9:00 pm  
 Fridays Noon - 5:00 pm

**ST. JOSEPH DU MOINE CENTRE**  
 (every 2 weeks) Thursdays  
 1:30 pm - 6:30 pm

**Dec 14 Jan 11 & 25 Feb 8 & 22**

**WHYCOCOMAGH EDUCATION  
CENTRE**  
 (every 4 weeks) Wednesdays  
 3:30 pm - 7:00 pm

**\*Tuesday, Dec 12 (for December only)**  
**January 10 & February 7**

**Centre for Equitable Library Access (CELA):** Visually impaired Nova Scotians now have additional access to books and materials in a variety of alternative formats. CELA is an accessible library subscription service whose content is owned by the Canadian National Institute for the Blind and other accessible content sharing services.

The Nova Scotia Provincial Library also provides access to accessible format collections for Nova Scotians with print disabilities through membership in the National Network for Equitable Library Services. CELA member libraries offer free access to a comprehensive collection of books, newspapers and magazines that is available in audio, braille, e-text and described video. These can be accessed through your public library, downloaded from the CELA website or chosen for you and mailed directly to your home on a regular basis. For young readers, CELA offers picture books with braille, tactile books, easy braille readers and stories to listen to or books for homework help.

For more information or to register please visit [celibrary.ca](http://celibrary.ca) . If you are already a CNIB member, you can use CELA now. Visit the CELA website at <http://iguana.celibrary.ca/iguana/www.main.cls?surl=CELA-home&lang=eng&theme=resetand> and sign in using your current account number and password for CNIB Library. If you don't have an account, ask about CELA service at your local public library or ask your local CNIB contact person to refer you. If you need additional support you can contact CELA at 1-855-655-2273 or email [help@celibrary.ca](mailto:help@celibrary.ca) .

**Kids, Homework Help** is available through the ECRL Facebook page! To use Homework Help, send a Friend Request to Eastern Counties Regional Library at <http://ecrl.library.ns.ca/kids> . Once the Library accepts your request you will have access to our "chat" function. Or, like our page at <https://www.facebook.com/EasternCountiesRegionalLibrary> and send us a message with your question. Homework Help is for children and teens who need help with their projects. From science fair to heritage fair, the Library has books, magazines and online encyclopedias that can help kids succeed at school. Remember - the Library can help kids do better at school! Or, visit us at our website to access Homework Help at: <http://ecrl.library.ns.ca/>

*For further information or to confirm Branch hours or the Libr@ry Links schedules or check on our other services call ECRL Headquarters at:*

**1-855-787-READ (1-855-787-7323) or**

**E-mail: [info@nsme.library.ns.ca](mailto:info@nsme.library.ns.ca)**

Check ECRL on Facebook at  
<https://www.facebook.com/EasternCountiesRegionalLibrary>  
 Our Website is: [www.ecrl.library.ns.ca](http://www.ecrl.library.ns.ca)

**BRANCHES HOURS: DECEMBER 4, 2017 - FEBRUARY 16, 2018**

**MARGAREE FORKS** Tel/Fax: 248-2821  
 Monday: 10:00 am - 7:00 pm  
 Tuesday & Wednesday: CLOSED  
 Thursday: 10:00 am - 7:00 pm  
 Friday: 10:00 am - 3:00 pm  
 Saturday: 10:00 am - 3:00 pm

**PT HAWKESBURY** Tel/Fax: 902-625-2729  
 Monday /Tuesday ..... 10:00 - 11:30 am & 12:00 - 6:00 pm  
 Wednesday/Thursday/Friday ..... 10:00 - 11:30 am & 12:00 - 3:30 pm  
 Saturday..... Closed  
 Check out our Facebook branch page at <https://www.facebook.com/phklibrary/>

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## MUNICIPALITY OF INVERNESS COUNTY DIRECTORY

### EXECUTIVE OFFICES:

Warden ..... 902-787-3514  
Chief Administrative Officer ..... 902-787-3500  
Administrative Assistant ..... 902-787-3501

### FINANCE & TAX DEPARTMENT:

Director ..... 902-787-3511  
Assistant Director ..... 902-787-3509  
Tax Revenue Clerk ..... 902-787-3510  
General Tax Inquiries ..... 902-787-3505

### BUILDING AND FIRE INSPECTORS:

Port Hawkesbury ..... 902-625-5362  
Port Hood ..... 902-787-2900

### ENGINEERING & PUBLIC WORKS DEPARTMENT:

Director ..... 902-787-3502  
Administrative Assistant ..... 902-787-3503  
Solid Waste Educator ..... 902-787-3503  
Water Utilities ..... 902-787-3503  
Emergency Sewer &

Water Maintenance 24 Hrs ..... 902-258-3335

### PLANNING AND DEVELOPMENT DIVISIONS:

General Inquiries ..... 902-625-5361  
Toll Free ..... 1-888-625-5361  
E-911 Civic Addressing ..... 902-625-5366

### COMMUNITY DEVELOPMENT:

Community Development Officer ..... 902-787-2876

### RECREATION AND TOURISM:

Director ..... 902-787-3506  
Tourism Development Office ..... 902-787-3507  
Recreation Programmer and  
Adult Education Coordinator ..... 902-787-3508  
Tourism Toll-Free ..... 1-800-567-2400

### GENERAL INQUIRIES ..... 902-787-2274

FAX - All Departments ..... 902-787-3110

Community Services ..... 902-787-4000  
Toll-Free ..... 1-800-252-2275  
Inverness County Home Care ..... 902-787-3449  
Municipal Homes:

Foyer Père Fiset ..... 902-224-2087  
Inverary Manor ..... 902-258-2842  
Rural Cape Breton District Planning Commission:  
Main Office ..... 902-625-5361  
Building Inspector:  
Port Hawkesbury ..... 902-625-5361  
Building Inspector:  
Port Hood ..... 902-787-2900



### *The Participaper*

Managing Editor, Graphic Design,  
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Marie Aucoin

936 Cheticamp Back Road  
PO Box 43, Cheticamp, NS, B0E 1H0  
Phone: 902-224-1759  
email: [m.aucoin11@outlook.com](mailto:m.aucoin11@outlook.com)

*Subscription or administrative queries should be directed to the Recreation/Tourism office by email at:*

*margie.beaton@invernesscounty.ca  
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The Recreation/Tourism Department  
Municipal Building  
375 Main Street, PO Box 179  
Port Hood, NS, B0E 2W0

Email: [margie.beaton@invernesscounty.ca](mailto:margie.beaton@invernesscounty.ca)

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*Boston lights up Nova Scotia's Tree for Boston on Boston Common November 30, 2017 - Photo courtesy of Communications NS*

**The Warden, Councillors and Staff of the Municipality  
wish all Inverness County residents a healthy, happy and peaceful  
holiday season filled with joy and love!**

**Nous souhaitons à tous nos résidents  
un Joyeux Noël et une Bonne Année remplis d'amitié et de la paix!**

**Nollaig Chridheil agus Bliadhna Mhath ùr!**

**Ulnuelewi & Pusu' Puna'ne!**